

[Click here to access the Student Navigator.](#) The student navigator page contains links to all the pages you will need if you are learning from home.

Contents

Key Dates.....	1
JCA Routines: Student Community Respecting Themselves and Others.....	2
MCAS Information.....	2
Sports Fixtures Next Week.....	3
Netball and Football Tours.....	3
Rugby Opportunity.....	3
Black History Month Events This Week.....	4
Year 11 Mock Exam Information.....	5
Flu Vaccine.....	5
Children’s Hospice South West.....	6
Understanding Children’s Mental Health: Supporting your Child’s Mental Health.....	8

Key Dates

10 th October	Open Day
12 th October	Inspector Calls Year 11 Trip
14 th – 25 th October	Year 11 Mocks
16 th October	Cake Sale
24 th October	INSET Day, School Closed to Pupils
25 th October	INSET Day, School Closed to Pupils Last Day of Term
4 th November	First Day of Term

JCA Routines: Student Community Respecting Themselves and Others

The start of Black History Month presents a great opportunity to remind our families of our ethos and vision of *Empowering our Community*. We feel privileged as a school to serve a diverse cohort of students who reflect our local communities. Without apology, we continue to expect students to:

- Respect themselves and to the rest of the JCA community (both students and staff)
- Respect, acknowledge and celebrate different cultures, belief systems, identities and needs
- Celebrate the successes and achievements of their peers
- Be allies for their peers: Challenge or report unkind or discriminatory behaviour or language.

Students are reminded of how they can report these behaviours.

These behaviours all contribute to maintaining a culture where **all** students and staff to feel psychologically safe and feel a strong sense of belonging whilst at school.

Nathan Richardson

Assistant Principal

MCAS Information

We are pleased to say that John Cabot Academy has a new database (Management Information System) and as part of this change, we are pleased to announce that we will soon be launching a new app for parents and carers called the '**MyChildAtSchool**' (**MCAS**) app.

We hope that this will be a great way to keep you up to date on your child's attendance and progress. In the next few weeks we will be asking all our families to sign up to the app (or web-based version). It will also be a chance for you to check the details we hold for you and update your personal information and communication preferences.

If you notice that your details are not up to date on the app, you can use the app to update them or add any contacts. Please keep an eye out for further communication about the new app over the next few weeks.

Sports Fixtures Next Week

Year 10

Girls' netball vs Mangotsfield (away), Tuesday 8th October

Year 11

Girls' netball vs Mangotsfield (away), Tuesday 8th October

Please note that the netball club is cancelled 8th October due to the Year 10/11 fixture
Dance club is cancelled Friday 11th October

Netball and Football Tours

Letters have been given to students regarding both the netball and football tours. Students have initially been invited based on club attendance and readiness for the level of competition.

Places are limited and offered on a first come, first served basis. Following that there will be a reserve list which interested students can go on. This is currently run as an annual trip and so there will be future opportunities.

The deposit for both trips is £40 and it is due by Thursday 10th October. Please direct questions to Mrs Church (netball tour) and Mr Baird (football tour) via jcainfo@clf.uk

Many thanks
Sarah Church
Head of PE

Rugby Opportunity

Wednesday the 16th of October Whitehall Rugby club will be coming to school with professionally trained rugby coaches to train our students.

This is a great opportunity however spaces are limited, so students who are interested must come to speak to Mr Baird as soon as possible to get signed up.

Students need to come to school in PE kit and go to their first lesson to get registered. After they have, registered students will come to meet Mr Baird in PE at 9am. The day will include training sessions and games.

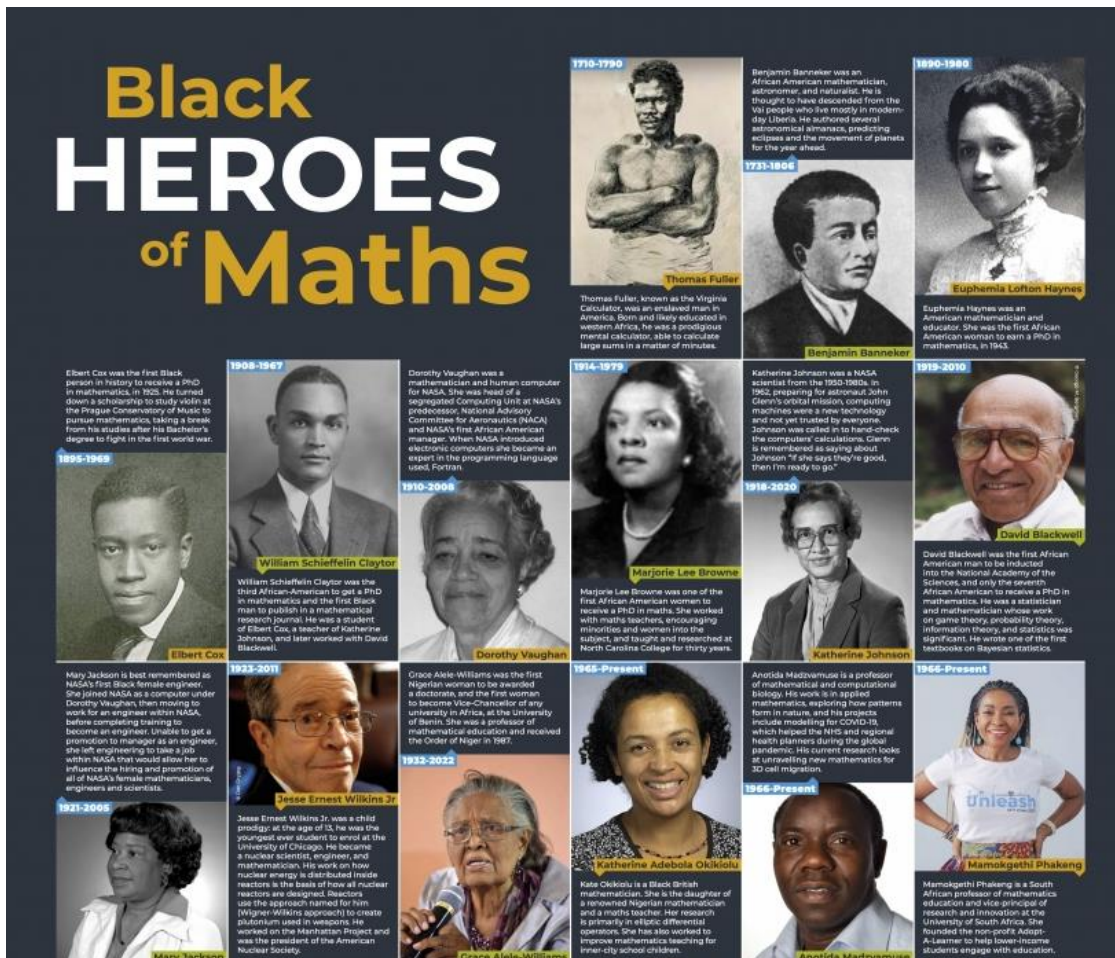
Many thanks,

Mani Baird
PE Teacher















Black History Month Events This Week

On Tuesday 8th October there is a KS3 art project in the Music room.
On Thursday 10th October there will be a film screening for all students in the hall at 3:15

The Maths Team will be highlighting some of the incredible Black Heroes of Maths within their lessons.



Black HEROES of Maths

<p>1898-1963</p>  <p>Ebert Cox</p> <p>Ebert Cox was the first Black person in history to receive a PhD in mathematics, in 1925. He turned down a scholarship to study violin at the Prague Conservatory of Music to pursue mathematics, taking a break from his studies after his Bachelor's degree to fight in the first world war.</p>	<p>1895-1963</p>  <p>William Schiefelin Claytor</p> <p>William Schiefelin Claytor was the first African American to get a PhD in mathematics and the first Black man to publish in a mathematical research journal. He was a student of Ebert Cox, a teacher of Katherine Johnson, and later worked with David Blackwell.</p>	<p>1910-1990</p>  <p>Dorothy Vaughan</p> <p>Dorothy Vaughan was a mathematician and human computer for NASA. She was head of a segregated Computing Unit at NASA's predecessor, National Advisory Committee for Aeronautics (NACA) and NASA's first African American manager. When NASA introduced electronic computers she became an expert in the programming language used, Fortran.</p>	<p>1914-1979</p>  <p>Marjorie Lee Browne</p> <p>Marjorie Lee Browne was one of the first African American women to receive a PhD in maths. She worked with math teachers, encouraging minorities and women into the subject, and taught and researched at North Carolina College for thirty years.</p>	<p>1710-1790</p>  <p>Thomas Fuller</p> <p>Thomas Fuller, known as the Virginia Calculator, was an enslaved man in America. Born and raised educated in western Africa, he was a prodigious mental calculator, able to calculate large sums in a matter of minutes.</p>	<p>1733-1806</p>  <p>Benjamin Banneker</p> <p>Benjamin Banneker was an African American mathematician, astronomer, and naturalist. He is thought to have descended from the 30 people who set mostly in modern-day Liberia. He authored several astronomical almanacs, predicting eclipses and the movement of planets for the year ahead.</p>	<p>1890-1980</p>  <p>Euphemia Lofton Haynes</p> <p>Euphemia Haynes was an American mathematician and educator. She was the first African American woman to earn a PhD in mathematics, in 1942.</p>
<p>1921-2005</p>  <p>Mary Jackson</p> <p>Mary Jackson is best remembered as NASA's first Black female engineer. She joined NASA as a computer under Dorothy Vaughan, then moving to work for an engineer within NASA, before completing training to become an engineer. Unable to get a promotion to manager as an engineer, she left engineering to take a job with NASA that would allow her to influence the hiring and promotion of all of NASA's female mathematicians, engineers and scientists.</p>	<p>1923-2011</p>  <p>Jesse Ernest Wilkins Jr</p> <p>Jesse Ernest Wilkins Jr. was a child prodigy; at the age of 13, he was the youngest ever student to enroll at the University of Chicago. He became a nuclear scientist, engineer, and mathematician. His work on how nuclear energy is distributed inside reactors is the basis of how all nuclear reactors are designed. Devices use the approach named for him (Wilkins-Wilkins equation) to create plutonium used in weapons. He worked on the Manhattan Project and was the president of the American Nuclear Society.</p>	<p>1930-2008</p>  <p>David Blackwell</p> <p>David Blackwell was the first African American man to be inducted into the National Academy of Sciences, and only the seventh African American to receive a PhD in mathematics. He was a statistician and mathematician whose work on game theory, probability theory, information theory, and statistics was significant. He wrote one of the first textbooks on Bayesian statistics.</p>	<p>1932-2022</p>  <p>Grace Alele-Williams</p> <p>Grace Alele Williams was the first Nigerian woman to be awarded a doctorate, and the first woman to become Vice-Chancellor of any university in Africa, at the University of Benin. She was a professor of mathematical education and received the Order of Niger in 1987.</p>	<p>1946-Present</p>  <p>Katherine Adebola Olokun</p> <p>Kate Olokun is a Black British mathematician. She is the daughter of a renowned Nigerian mathematician and a math teacher. Her research is primarily in elliptic differential equations. She has also worked to improve mathematics teaching for inner-city school children.</p>	<p>1946-Present</p>  <p>Anotida Madzvamuse</p> <p>Anotida Madzvamuse is a professor of mathematical and computational biology. His work is in applied mathematics, exploring how patterns form in nature, and his projects include modelling for COVID-19, which helped the NHS and regional health planners during the global pandemic. His current research looks at unravelling new mathematics for 3D cell migration.</p>	<p>1966-Present</p>  <p>Mamokgethi Phakeng</p> <p>Mamokgethi Phakeng is a South African professor of mathematics education and vice-principal of research and innovation at the University of South Africa. She founded the non-profit Adopt-A-Learner to help lower-income students engage with education.</p>



Year 11 Mock Exam Information

Correspondence has gone to all Year 11 parents and carers regarding the upcoming Mock Exams and a copy of this is on the website [Y11-Mock-Exams-Letter-to-Families-Oct-2024.docx](https://www.johncabotnews.com/Y11-Mock-Exams-Letter-to-Families-Oct-2024.docx) (live.com)

Flu Vaccine

Sirona will be in the school on Tuesday 12th November and will be offering the flu vaccine to all students.

Please complete the consent form as soon as possible:

<https://imms.sirona-cic.org.uk/flu/2024/consent?v=3>

Flu can be an unpleasant illness and some people can get very unwell; some children even end up in hospital because of flu.

Why get the vaccine?

The flu vaccine helps protect your child and your family from getting flu, reduces the spread of the virus in winter, and keeps them in school learning.

How is the vaccine given?

The flu vaccine is usually given using a quick and easy nasal spray, this is the best flu vaccine for children. If your child cannot have the nasal spray due to the porcine gelatine content or for medical reasons, you can consent for your child to have an injection instead. If we cannot offer the injection at your child's school, you will be able to book a clinic appointment.

Are there any side effects?

Most children do not have any side effects after the vaccine; however some might get a blocked or runny nose, lose their appetite, feel tired or get a headache, this will not last long.

No internet access?

If you can't access the internet, ask your child's school for a paper consent form, or call us for help on 0300 1245515.

What if I do not want my child to receive the vaccine?

Please complete the form to let us know

What if my child misses the session?

Catch-up clinics will be available for children who miss the school session. Your child's school will send information about these clinics after the school session.

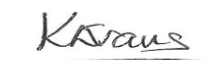
Want to learn more?

[Flu vaccination for children: leaflets and posters - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Questions?

Contact the School Immunisation Team: 0300 124 5515 or email sirona.sch-imms@nhs.net

Yours faithfully,



Karen Evans

Head of Specialist Services for Children and Sirona Integrated Immunisation Services

Children's Hospice South West

The running club are putting a team together to run the Santa Run. Speak to Dr Stephens to join in.



 children's hospice
SOUTH WEST

**Santas
on the Run**

Raise festive
cheer in your
Christmas
gear!

Walk, jog or run 2k at Charlton Farm
in North Somerset on
Sunday 8 December 2024

Charlton Farm

Sign up today www.chsw.org.uk/santas

 Making the most of short and precious lives across the South West
Registered Charity No. 1003314



Understanding Children's Mental Health: Supporting your Child's Mental Health



Tools to support positive wellbeing:



There are many things that can support your child to manage situations that may make them feel anxious or worried. Simple tools such as breathing exercises can impact how the brain processes information. Practicing these when they feel calm and safe can help difficult situations when they arise.

Stress Bucket

How they are feeling will affect people's ability to deal with life's ups and downs.

Understanding what causes people to feel stressed, anxious or low can be the first step to making them feel better. Identifying positive coping strategies to deal with stress can help even further.

The stress bucket analogy thinks about the stresses coming in and the coping strategies that support people to manage that stress without becoming overwhelmed. This is explained further through the simple [video](#) for children and young people.

Further Resources: •

Young Minds-Stress Bucket Video and Activity

<https://www.youngminds.org.uk/professional/resources/stress-bucket-activity/>

- Oxford brain story- Information for parent's carers and individuals about the brain and resilience •

<https://www.oxfordbrainstory.org/for-families-individuals>

Breathing: breathe in for 5, hold for 2 and out for 7. You can adjust the numbers to suit (out needs to be longer). •

Hand Breathing- <https://www.youtube.com/watch?v=Ihf92iT5yOo>

Box breathing relaxation technique: how to calm feelings of stress or anxiety-

<https://www.youtube.com/watch?v=ZfMA0YA1IVA>

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